Rice University- LPAP 186
Pilates Mat Class
Spring Semester 2021
Live Stream Format
Tuesday/Thursday 1:30-2:25pm and 2:30-3:25pm
Virtual Office hours available by appointment.

Instructor: Chrissy Leach
Email: *cml13@rice.edu*

**Course Description:**

This course is a Virtual Pilates Mat class that will progress through beginning, intermediate and selected advanced level Mat exercises. The learning and understanding of the Pilates Mat exercises is acquired through observation, practice and the corrections of the technique. The lectures, observation and the workouts will all be done virtually through zoom in a live streamed format. Consistently attending Mat Class will build core strength, flexibility and healthy exercise technique that enhances any other form of exercise. Students will be given corrections as a group and individual corrections as needed. Your final grade is based on attendance, the assignments outlined in the syllabus, one video submission demonstrating proficiency in the matwork, and a final written submission.

I will be available throughout the semester to answer questions that arise about your technique, the intent behind Pilates Mat exercises and also any injuries or other conditions that you may have that will affect your performance. All questions need to be directed to my email listed above.

Pilates was originally called Contrology, a method of exercise that teaches the mind to communicate and control the muscles, to stabilize the core, and isolate targeted muscles depending on the exercise. The exercises are designed to restore optimal length-tension relationships of the muscles which are achieved by strategically stretching what is tight and strengthening what is weak to restore optimal alignment. Stabilizing and strengthening the abdominal and back muscles, coordination, kinesthetic awareness, breathing and correct spinal and pelvic alignment are all key components of the Pilates method. The ultimate goal is to apply Pilates Technique not only to the Mat Class routines, but to your other workouts, sports and everyday life.

**Course Objectives:**

1. To improve kinesthetic awareness, physical fitness, and body alignment.
2. To strengthen the powerhouse muscles.
3. To develop the skill of stabilizing the core while isolating specific muscles.
4. To be able to define the principles of Pilates and apply them to your best ability to the exercises in class and off the mat.
5. To know what corrections your body needs for optimal alignment.
6. To achieve progression through the Pilates mat series based on:

A. familiarity with the essential concepts and basic terminology of the exercises;
B. coordination with breath with exercises;
C. musculoskeletal awareness;
D. relevant modifications of one's body.

Each class will progressively build from a foundation of the technique and principles of Pilates and how you can apply the movement into your current workouts. By the end of the semester the exercises will be at an intermediate or advanced level. You are not expected to do any of the exercises that elicit any pain and are more than welcome to continue to perform exercises from the beginning or intermediate level in your video submissions. You are responsible for knowing the intent of the exercises, their names, set up, breath, reps, and the technique.

You'll have one Video Submission and a Final Assignment assignment each worth 100 points. A Health History Form and Signed Syllabus and Attendance policy accounts for 50 points. The remaining 350 points are given to you provided that you have perfect attendance and show up to class on time. See the attendance policy sheet for details.

**Course Content:**

- Brief history of Pilates, and it's founder Joseph Pilates
- Muscles applicable to Pilates Mat Technique
- Beginning, Intermediate and Intermediate/ Advanced Mat
- Exercises that apply the concepts of Pilates and/or modifications of Classic exercises

**Supplemental Textbooks and websites:**

"The Pilates Body"; Brooke Siler
"Anatomy of Movement"; Blandine Calais-Germain
"Trail Guide to the Body": Andrew Beil
www.pilatesanytime.com

**Attendance Policy:**
*The attendance policy for LPAP courses that meet twice a week will be as follows:*
Students are expected to attend all class sessions and to actively participate along *with your cameras turned on*. Attendance is taken at the beginning of each class and class will start immediately after. Anyone logging in after attendance is taken will need to inform me at the end of class that they were present. Each late arrival deducts 5 points off your grade. Additionally, anyone who is taking class and turns off their screens will have 5 points deducted from the total grade points.

Each student is given two free absences for the semester that will not affect your grade. At three absences or more, each absence will result in a letter grade drop. For example, if you have three absences your grade will automatically drop to a “B”, four absences drops your grade to a “C”, five late submissions drops you to a “D”, and six or more absences your grade drops to an “F” and you will need to drop the class.

Students will be given two opportunities to make up absences by doubling up on attendance by taking either the 1:30pm or 2:30pm class or by submitting a written assignment. *An email documenting the date of the class that is taken to make up for an absence will be required to get that absence forgiven.*

Should you miss more than 4 classes due to an unexpected illness or the contracting of the coronavirus, you will need to arrange to make up the assignments through a written assignment or a Video Submission that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation and email the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the missed classes.
**Students will not be allowed to make up more than two classes. Six total absences will result in a failing grade for the course. By signing below, I acknowledge that I have read and understand the Attendance policy.**

**Signature_____ Date_____**

**Honor Code Violations:**
All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

**ADA Statement:**
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

If you have a documented disability that may affect academic performance, you should: 1) make sure this documentation is on file with Disability Resource Center (Allen Center, Room 111 / adarice@rice.edu / x5841) to determine the accommodations you need; and 2) meet with the instructor to discuss your accommodation needs.

**Evaluation:**

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| Attendance/punctuality and active participation | 350 points |
| Health History Form | 25 points |
| Signed Syllabus and Attendance Policy | 25 points |
| Final Assignment | 50 points |
| Video Submission | 50 points |
| Total points possible | 500 points |

**Important Assignments and Due Dates:**

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| **Final Assignment** | **April 22nd** |
| **Video Submission** | **March 4th** |

**Grading Scale**

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| A+ | 487-500 |
| A | 468-487 |
| A- | 448-467 |
| B+ | 433-447 |
| B | 413-432 |
| B- | 398-412 |
| C+ | 383-397 |
| C | 363-382 |
| C- | 348-362 |
| D+ | 333-347 |
| D | 313-332 |
| D- | 298-312 |
| F | <298 |